



# Center for the Study of Traumatic Stress

*Understanding the Effects of Trauma and Traumatic Events to Help Prevent, Mitigate and Foster Recovery for Individuals, Organizations and Communities*  
A Program of Uniformed Services University, Our Nation's Federal Medical School, Bethesda, Maryland • [www.usuhs.mil/csts/](http://www.usuhs.mil/csts/)

## Safety Prevents PTSD

Injury Prevention at Work  
“Injury Prevention Starts at Work” Day  
National Public Health Week

Injury is a leading cause of Posttraumatic Stress Disorder (PTSD). Preventing injury can prevent PTSD. Employers, supervisors, and providers (e.g., employee assistance program providers, primary care providers, mental health providers) can help by focusing on preventing injuries (e.g. falls, motor vehicle accidents, machine injuries, etc.) and advocating for a safe work environment.

*From the American Public Health Association*

Today is **Injury Prevention Starts at Work Day for National Public Health Week 2011**. Did you know that approximately 200 U.S. workers are hospitalized each day? Worksite injuries are not “accidents” or “just part of the job.” Employers and employees can work together to build safer and healthier work environments. Taking action, both big and small, to prevent injury in the workplace is common sense and effective.

Here are a few tips to get you started:

If you are an employer/supervisor:

- ☐ Educate employees about workplace regulations and train employees to recognize unsafe or unhealthy settings. Create an employee reporting system to allow workers to report hazardous working conditions.
- ☐ Create safe work environments by identifying and fixing workplace hazards such as unstable surfaces and malfunctioning vehicles.
- ☐ Conduct personal safety training programs that teach employees how to recognize, avoid or diffuse potentially violent workplace situations.

If you are a healthcare provider:

- ☐ Support your family, friends and neighbors when they try to improve health and safety at their workplace.
- ☐ If you are a mental health clinician, include understanding of safety, injury, and accidents, as part of your work with patients on their mental and behavioral health.

For more information, please see: <http://www.nphw.org/nphw11/first1.htm>



Center for the Study of Traumatic Stress  
Uniformed Services University of the Health Sciences  
4301 Jones Bridge Road, Bethesda, MD 20814-4799  
Tel: 301-295-2470 Fax: 301-319-6965

[www.usuhs.mil/csts](http://www.usuhs.mil/csts) | [www.centerforthestudyoftraumaticstress.org](http://www.centerforthestudyoftraumaticstress.org)

CSTS is the academic arm and a partnering Center of the Defense Centers of Excellence (DCoE)  
for Psychological Health and Traumatic Brain Injury.